



Jif® Peanut Butter Granola



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



551 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.7 cup jif® creamy peanut butter
- ☐ 0.5 cup figs dried snipped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.7 cup honey
- ☐ 1 cup peanuts
- ☐ 1 cup raisins
- ☐ 4 cups rolled oats uncooked
- ☐ 1 teaspoon vanilla

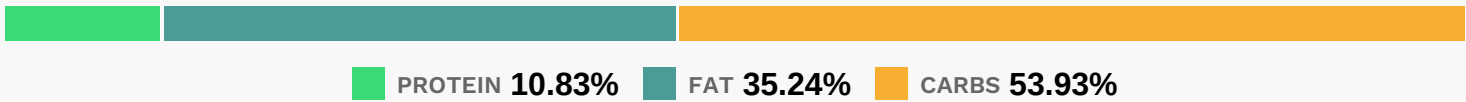
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ roasting pan

Directions

- ☐ Preheat oven to 300 degrees F.
- ☐ In a small saucepan, combine JIF®, honey and cinnamon; heat through.
- ☐ Remove from heat and stir in vanilla.
- ☐ Place oats in a large, shallow roasting pan or a 15 x 10 x 1-inch baking pan.
- ☐ Pour warm JIF® mixture over oats and stir gently until oats are coated.
- ☐ Spread evenly in pan.
- ☐ Bake for 35 to 40 minutes, stirring occasionally. Turn off oven.
- ☐ Meanwhile, in a small bowl, cover raisins in boiling water.
- ☐ Let stand for 10 minutes; drain well. Stir raisins, nuts and figs into baked mixture. Return to oven and let dry 1 1/2 hours, stirring occasionally. Store in covered containers.

Nutrition Facts



Properties

Glycemic Index:26.92, Glycemic Load:31.37, Inflammation Score:-6, Nutrition Score:19.180869404308%

Nutrients (% of daily need)

Calories: 550.5kcal (27.52%), Fat: 22.87g (35.18%), Saturated Fat: 4.06g (25.39%), Carbohydrates: 78.74g (26.25%), Net Carbohydrates: 69.61g (25.31%), Sugar: 30.38g (33.75%), Cholesterol: 0mg (0%), Sodium: 105.88mg

(4.6%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 15.82g (31.63%), Manganese: 2.41mg (120.5%), Fiber: 9.13g (36.51%), Magnesium: 139.06mg (34.77%), Phosphorus: 330.98mg (33.1%), Vitamin B3: 6.52mg (32.59%), Copper: 0.51mg (25.27%), Vitamin B1: 0.37mg (24.51%), Selenium: 14.31µg (20.44%), Iron: 3.6mg (19.98%), Folate: 77.22µg (19.3%), Potassium: 632.62mg (18.07%), Zinc: 2.57mg (17.12%), Vitamin E: 2.17mg (14.44%), Vitamin B6: 0.25mg (12.53%), Vitamin B5: 1.07mg (10.73%), Vitamin B2: 0.18mg (10.61%), Calcium: 74.12mg (7.41%), Vitamin K: 2.37µg (2.25%), Vitamin C: 1.24mg (1.5%)